



COWPENS CORRAL

A publication for friends and family of USS COWPENS (CG 63)

COWPENS CARELINE 243-3322

<http://www.cowpens.navy.mil>

Special Points of Interest

- First Class Petty Officer's Association announces scholarship, page 2
- Sailor, Junior Sailor, and Blue Jacket of the Quarter, page 4
- Cowpen's Boarding Team trains at sea, page 8

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Cowpens Sailors Volunteer for Beach Cleanup

On July 2, 2006, 31 Sailors from *USS Cowpens* teamed up with 30 Sailors from *USS Kitty Hawk* to participate in a Community Relations Project (COMREL) at Yoichi beach as part of a recent port visit to Otaru, Japan.

The participants mustered on the pier then enjoyed a nice scenic drive through Otaru's urban tourist areas in transit to the project. The tour bus drove along winding mountain roads, then down to cross a bridge that lead to Yoichi Beach. Sailors were immediately impressed with the park. In addition to the beach, there was a large grass field with picnickers, small boats, and people fishing on the pier.



When the COMREL crew arrived they were greeted with a warm welcome from Ms. Momico and her staff, who offered plenty of water, soft drinks, and sweets to eat. Soon after introductions, the crew formed teams and started cleaning up debris in the parking lot. Throughout the

morning they walked down further to the beach, searching through tall grass and sand looking for objects that didn't belong. Plastic bottles, aluminum cans, glass, styrofoam and old tires were found cluttering the habitat. As the clean up continued along the

continued on page 3

ENS Pat Reilley Represents CG 63 at The Mighty Moo Festival

From June 14 through 17, I had the unique opportunity to attend the Battle of Cowpens Festival held in Cowpens, South Carolina, population 2200. It was a time to celebrate the old Revolutionary War battle, World War II carrier *USS Cowpens* (CVL 25), and our current cruiser CG 63 of the same name. Old

crew members from CVL 25 ages, ranging from 79 to 93, gathered in the rural town to take part in the commemoration. From the time I arrived, CVL 25 crew member Bob Riley, age 83, took me under his wing and gave me an unofficial tour of the Cowpens battle ground as well as explored the history of CVL 25 and

the contribution she made in the Pacific Theater in World War II. CVL 25 saw some of the fiercest battles of World War II. She participated in the strikes on: Kwajalein, Eniwetok, Iwo Jima, Pagan, Rota, and Guam. Her planes pounded Tokyo, Kure, and other cities of Hokkaido and Honshu,

continued on page 15

News from your Ombudsman



Imagine your favorite puzzle. The small pieces are scattered across your table and you begin the process of putting it together. Perhaps you find all the edges and put them together first. Or maybe you find like colors and group them, then put together small areas. However you do it, you are demonstrating a sought after skill: intelligence gathering and analysis.

That puzzle of flowers doesn't seem like the best analogy for something as serious as Operational Security (OPSEC), but it actually

reflects the concept very well. An intelligence collector understands just how important every little piece of information can be. The puzzle piece with just a corner of red doesn't seem like much on it's own, but in the context of other areas already put together, it might make the image click into place.

Lately I've been hearing some comments that it's not a big deal if we discuss schedule or ports over e-mail and that is completely untrue! Opsec is *everyone's* responsibility. Yours, mine, your neighbors', everyone's. One small comment over e-mail or phone might make the entire picture click into place for a terrorist.

Opsec doesn't just include sensitive or classified information; it can also be certain types of unclassified information. When in doubt, don't send it over e-mail and don't say it over the phone. No one wants to live through a tragedy; don't be the loose lips that sinks our ships!

By Mrs. Michalla Stalder

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First Class Petty Officer's Association



The FCPOA is devoted to the junior Sailors providing mentoring and guidance throughout their careers. We manage several programs on

board the ship such as Professional Military Knowledge, Enlisted Surface Warfare Specialist program, and numerous events for recreational purposes such as bingo nights and steel beach picnics.

We have contributed to humanitarian relief efforts for Hurricane Katrina. Now we are extending our hand to the community by sponsoring a Scholarship Program. This program will be available to all **friends and family** of USS COWPENS Sailors. The program is a competitive based \$2000 scholarship awarded to the most

promising applicant aspiring to achieve an associate, bachelors or masters degree.

By BM1 Teresita Cutler

Deadlines are as follows:

Application Available August 1

Application Postmark

Deadline October 15

Application Processing October through December

Selection, Award Notification and Distribution December through January

For more information please go to Cowpens' website www.cowpens.navy.mil and follow our link FCPOA. under "Crew Support."

Welcome Aboard

OSSR Quanyanna Bacon
GSMFR Mark Bruley
ENS Dana Canby
GSEFA Craig Crippen
EN3 Joseph Hankey
ENFA Timothy Johnston
QMC Jeremiah Kraft
ENS Sarah McNamara
LCDR Mark Nieswiadomy
SHSA Jonnelle Parkwalrond
ENS Juliana Ro
GSMFR Courtney Robinson
CTA2 Jose Rosario
LCDR Edward Sundberg
OS2 Robert Taylor
GSM2 Craig Wilson

Happy Trails . . .

LCDR David Back
LCDR Jerris Bennett
STG3 Anthony Bilancione
GSM3 Edward Bunting
LTJG Stephanie Cowart
GSM2 Adam Earl
GSM1 Leo Felicitas
CTA2 Jolyn Jones
SKSN Robert Nanes
GM2 Jeannete Tarqueno
SN Guy Walker

Captain's Corner

Greetings Family and Friends of Cowpens,

Our Summer Deployment continues and since leaving Yokosuka on June 8th, we have covered vast expanses of the Western Pacific, from the Sea of Japan in the north to the South China Sea and the Singapore Strait just north of the equator. We remain in company with the USS KITTY HAWK performing our duties as the Air Defense Commander for the entire Strike Group, a job that keeps our watch teams very, very busy. We've also had time for stops in two liberty ports where the crew had an opportunity to relax, do some sightseeing and shopping, and recharge their batteries. The first port visit in Otaru, Japan was conducted over the 4th of July and was principally a diplomatic visit to enhance our relations with the Japanese people and government. The second stop was in Singapore and in contrast, was mainly intended for rest and relaxation for the crew. You can read more about Otaru and Singapore on page 5 of this edition.

At sea the tempo of operations and exercises has been busy which is

a good thing for us in many ways. First the crew has opportunities to practice all of the many skills that are required to operate this complex warship and second the fast pace helps the time pass quickly. This practice hones all of the warfighting skills such as tracking submarines, surface ships, and aircraft, as well as practicing to use our Tomahawk cruise missiles. We also work on the fundamentals such as fire fighting and damage control, and operating the complex engineering plant. Daily I am amazed at the skill and proficiency of this wonderful crew and I hope reading about them in the Cowpens Coral makes you just as proud of them. They are a wonderful group of professionals.

For the crew, deployment is an opportunity to set and achieve goals, and for many of the crew, their goals include qualification as either a Surface Warfare Officer (for Officers) or an Enlisted Surface Warfare Specialist (for enlisted). These qualifications take many months of hard work, study and preparation and culminate with an oral board chaired by myself for the officers and the Command Master Chief for our

enlisted crewmembers. As you read each of our newsletters, you will notice a section that celebrates the names of those that have achieved this very significant milestone. The numbers of qualified SWO and ESWS qualified Sailors in growing every day and is a mark of pride both of the individuals that have reached their goal, and of the entire crew that helped them get there. Well Done!

Enjoy this edition of the Cowpens Corral and as we continue our Summer Deployment, keep us in your thoughts as we keep you in ours.

Best Regards,
Captain Terry Mosher, USN
Commanding Officer
USS COWPENS (CG 63)



COMREL continued . . .

beach, Sailors waved hello to people sitting in tents pitched in the sand. Children were jumping for joy, happy to see what the new comers came to do. They offered to help by putting what they found into a plastic bag.

It was not long before the volunteers had reached the turn around point on the beach. Walking slowly in the lumpy sand with trash bags full of debris, the Sailors waved good bye to the people they had seen. Ms. Momico and her staff gave direction for trash collection. When the sailors finished the task, the

group grabbed their cameras and took pictures on the beach to savor Yoichi's spectacular view.

Once the volunteers boarded the tour buses, Ms. Momico and her staff came to say good bye and to thank them all for a job well done. The day was a great example of committed sailors showing Navy pride and professionalism, joining efforts to help preserve the habitat of Yoichi beach in Japan.

By EM2 Jonathan Clark



During underway replenishment (UNREP) detail, Executive Officer LCDR Matt Lehman coaches Midshipman Bria Chambers of Memphis, Tennessee on how to properly conn alongside replenishment ship USNS Tippecanoe (TAO 199). U.S. Navy photo by Lieutenant Jeff Jenkins.

Executive

We have just completed our second exercise of the summer, where the KITTYHAWK and ENTERPRISE Battle Groups were able to complete a two carrier exercise. The exercise was a rare opportunity to test the integration with a Norfolk based carrier (East vs. West Coast). We completed the very successful exercise and have just gotten under way from Singapore where the crew had an opportunity to take advantage of some much deserved liberty.



Singapore is a city state covering an area of 685 sq. km. (264 sq. mi.). The population is made up of 4.24 million, one of the densest populations on the planet. The population is very diverse made up of Chinese, Malays, and Indians. Singapore is similar to the United States in that it is truly a melting pot.

Although Singapore's history dates from the 11th century, the island was little known to the West until the 19th century, when in 1819, Sir Thomas Stamford Raffles arrived as an agent of the British East India Company. In 1824, the British purchased

Singapore Island, and by 1825, the city of Singapore had become a major port. In 1867, Singapore became a British Crown Colony, an arrangement that continued until 1946.

The Japanese captured the island in February 1942, and it remained under their control until September 1945, when the British returned. In 1959, Singapore became self-governing, and, in 1963, it joined the newly independent Federation of Malaya, Sabah, and Sarawak—the latter two former British Borneo territories—to form Malaysia. After a period of friction between Singapore and the central government in Kuala Lumpur, Singapore separated from Malaysia on August 9, 1965, and became an independent republic.

Today it remains a world economic powerhouse, one of the Great cities of the world and an awesome liberty port. Cowpens was fortunate to visit Singapore for a second time this year and I hope I'm fortunate enough to visit again one day.

Best Regards,
LCDR Matt Lehman
Executive Officer
USS COWPENS (CG 63)

Every quarter *Cowpens* recognizes the top performing Sailors. These outstanding Sailors were nominated alongside several of their peers and even to be nominated is to be recognized at the top of this great crew. All of them are winners. Congratulations to all of our nominees and the award recipients.

CAPT Terry D. Mosher

Congratulations . . .

Promotions

CWO3 Rich Lute

Surface Warfare Officer

ENS Pat Reilley

Enlisted Surface Warfare Specialist

CTT3 Mark Barrera
SN Michelle Leveski
HM2 Davitri Marshal
DC3 Thomas McMullen
FC3 Joy Nakakihara
BM3 Christopher O'Shaughnessy
STG2 Maxwell Petty
FC3 Joshua Schwass
CTTSN Tara Woodcock
SN William Wade

Reenlistment

FC3 Christopher Orosco
OS2 Stacy Johnson

Recent Births

Matthew Soichiro
To
GMC James and Saori Burke

Hanna Koharu
To
MRC Michael and Miyuki Johnson

William Terrell, III
To
IT1 William and Buffy Bennett

Kaijiro
To
GSM2 Min and Nobuko Chen

Brannon Eita
To
OS2 Barry and Miyuki Fredericks

Sailor of the Quarter:

MA1(SW) Dale Naaktgeboren

Junior Sailor of the Quarter

EM3(SW) James Dugan

Blue Jacket of the Quarter

CTTSN(SW) Tara Woodcock

Follow the Herd . . .



Otaru Port Visit

JUST THE FACTS

Location: 45 minute drive north of Sapporo, Japan on the northern island of Hokkaido

Official Language: Japanese

Population: 150,000

Historical Highlight: Once only a small fishing village, Otaru is now a favorite destination for tourists seeking to escape the hustle and bustle of daily life in mainland Japan. The fishing heritage can still be seen with the local delicacy "Herring on a stick."

Tourist Attractions:

Hand blown glass, Music Boxes, Otaru Canal



Otaru Canal is a favorite of photographers visiting the city with its beautiful gas lamps and reflections in the canal.



Singapore Port Visit

JUST THE FACTS

Location: 85 miles north of the equator off southern tip of Malaysia at the entrance to the Straits of Malacca

Official Languages: English, Malay, Mandarin, Tamil

Population: 4 Million

Historical Highlight: Modern Singapore was created in 1819 by Sir Thomas Raffles of the British East India Company as a trading post and settlement.

Tourist Attractions: Sentosa Island, Clarke and Boat Quay, Merlion Park, Chinatown, Little India

Offering delicious food, an excellent market, and blooming bougainvilleas, Chinatown is a short walk from downtown Singapore.



At the mouth of the Singapore River, Merlion Park is visited by thousands for amazing photo-op of the unique fountain and the city skyline.



Operations Department

IS Division

As IS division continues to keep *Cowpens* sailors connected to the fleet, we would like to pause and congratulate **IT1(SW/AW) Bennett** and his wife on the birth of a baby boy!

We all look forward to greeting IT1 on his arrival to the ship from leave. **IT1 Gil, IT2**

Dickerson, IT3

Feagins, IT3 Woo, IT3

Daniel-Haynes and

IT3 Roskam have been

working very hard on obtaining there Enlisted Surface Warfare

Qualification. **IT3**

Feagins leads the pack and has already passed her written test.

Great Job! **IT2 Bradley** will soon be taking over the Moo-Master collateral duty from **IT2(SW)**

Rigdon. Once qualified, **IT2**

Bradley will be in charge of

updating the official *USS Cowpens*

web page. Although he has large

shoes to fill, IS division is confident

that **IT2 Bradley** will do a superb

job. IS division would also like to

say BZ to **IT1(SW) Macartney** for

doing a superb job while

temporarily assigned as Mess

Decks Master at Arms. He has

represented IS division well in

maintaining high standards on the

mess decks and assisting Supply

department with their upcoming

inspection. We would also like to

welcome **ENS Tacconelli** as the

new Communications Officer. **ENS**

Taconelli has hit the deck plates

running and assisted Radio watch

standers in her first of many

Communications Plan cutovers.

Great Job!

By ITC(SW) Tracey Spivey

"IS division would like to say BZ to IT1(SW) Macartney for doing a superb job while temporarily assigned as Mess Decks Master at Arms."

OD Division

OD Division plays a major role in maintaining the combat readiness of the *USS Cowpens*.

One way they do this is to perform Replenishments at Sea (RAS), also known as Underway

Replenishments (UNREP). A RAS is the process of taking on fuel and

stores while underway. It

is essential to keeping

the ship afloat and at sea

for prolonged periods of

time. 1st Division

consistently performs

two of these evolutions

per week.

On July 5, 2006,

Cowpens departed from Otaru,

Japan, after a four day diplomatic

port visit. After only two days at

sea, the *Cowpens* was scheduled to

refuel with the USNS *Tippecanoe*.

At 11:00 pm, *Cowpens* knew they

had a challenge ahead of them. In

transit to the rendezvous point,

they endured heavy seas and foul

weather. The seas continued to

thrash, which made this evolution

more dangerous than usual, but

this RAS was vital because the ship

was in the vicinity of more than

one typhoon so the *Cowpens* had

to refuel in case weather conditions

continued to deteriorate-it could

have been their last opportunity to refuel for days.

Despite the challenging conditions, OD manned their stations. Waves crashed over the deck as **BM3 Kyle Galloway** took charge at the refueling station. He gave the command to "tension span wire," and using signal wands; **SN Moises Martinez** gave the *Tippecanoe* the signal. Then the messenger was received and the span wire was tensioned. Shortly after, the refueling hose was sent over to the *Cowpens*. It took fifteen sailors to pull the hose and equipment over to the *Cowpens*. Once all the gear was hooked up and connected, **SN Martinez** told the delivery ship to commence pumping. This summer, the First Division has been responsible for taking on more than 1.5 million gallons of fuel. Thanks to the First Division's proper staging of personnel, equipment, and sure determination under intense seas, the evolution was carried out safely and successfully.

**By SN Tariq Dargan and
SN David Lesure**

During underway replenishment (UNREP) detail Boatswain's Mate 3rd Class Toni Deanda from Globe, Arizona waits during the fuel transfer from replenishment ship USNS Tippecanoe (TAO 199).



U.S. Navy Photo by MCSN Patrick Heil

Operation's Department (continued)

OT Division

Motivation is the name of the game when it comes down to getting ready for Division in the Spotlight (DITS.) In the past month OT division has been working rigorously cleaning from top to bottom, making an effort to get each and every particle of dust that we might encounter.

OT division has been indispensable in accordance with the ships activities, we have sailors like **CTR2 Joshua White**, who is actively involved with the *Cowpens*' physical fitness program, teaching classes such as 30 minute abs, and **CTT3 Mark R. Barrera** making sure that Damager Control (DC) is done to the best of his abilities.

OT division also wants to bid farewell to an outstanding and charismatic shipmate **CTA2 (SW) Jolyn J. Jones**. Her work here on board *Cowpens* will forever be remembered. She had plenty of input into what the command has become. All of OT division hopes that she will have a safe trip to her next duty station, and prosperous career ahead of her.

By CTR3 Caleb Alger

OI Division

The Combat Information Center (CIC), otherwise known as the Blue Light Lounge has been involved in an exceptional amount of training over the last month. The great Maneuvering Board skills of our Surface/Subsurface Watch Supervisors **OS3 Hawes** and **OS3 Edwards** have started to rub off on their watch teams, while the leadership of **OS2 (SW) Newton**, **OS1 (SW) Dover** and **OS1 (SW) Naylor** as CIC Watch Supervisors inspire us to work hard on our PQS and keep training for real world events.

The teamwork aspect of OI Division is continuing to shine as we work closely with our TAD personnel. OI division would like to welcome and thank **OS2 (SW) Carusa**, **OS2 (SW) Camposano**, **OS2 (SW) Johnson**, **OS1 (SW) Henry**, and **newly frocked OS1 (SW) Hooker**. Thank you for all the hard work you have put in! You are all great assets to the division and *Cowpens*. We would also like to welcome back **OS1 (SW) Peters** who was TAD in San Diego, CA. He has come back with a new qualification that will greatly assist in our combat readiness. **OS1 Peters** is now an ASTAC (Anti-Surface/Subsurface Tactical Air Controller). He will be a big help to our other ASTAC **OS2 (SW) Arruda**.

We must send a shout out to the Port and Starboard watch standers **OS2 (SW) Brough**, **OS2 (SW) Vance**, **OS2 Noe**, **OS2 (SW) Gumbs**, **OS3 Longno**, **OS3 Small**, **OS3 Jones**, **OSSN Gumm**, **OSSN Allen**, and **OSSN Torres**. Keep up the vigilant watch standing! And welcome back to **LTJG Fallon** the Combat Information Center Officer (CICO) from his TAD to the USS Kitty Hawk. Also congratulations to the OI DIVO **ENS Holland** who is now pulling double duty as the Assistant Operations Officer!

OI Division sends a fair well and following seas to the recently transferred Operations Officer **LCDR Back** and welcome his replacement **LCDR Nieswiadomy**.

By OSSN Kelsey Gumm

ON Division

After being underway for almost a month, the USS *Cowpens* (CG 63) pulled into Otaru, Japan for a brief port visit during the 4th of July holiday. Part of our responsibilities in Navigation division during national holidays is to decorate our ship with signal flags, which is also known as "Dress Ship."

It takes a lot of patience and hard work to hang signal flags across the whole length of the ship. **QM2 (SW) Tamika Shead** took charge by going aloft on the masts to hang wires from the forward most part of our ship, the forecandle, up to the main mast and back down to the fantail. These wires are used to haul more than one hundred flags to the mast. It is a tedious process to put together, but an incredible sight to see a ship at full dress and a great part to contribute to our holiday celebration.

By QM3 (SW) Kendra Rightsell



USS Cowpens (CG 63) moored in Otaru, Japan, July 2, during the second day of her port visit there. Cowpens, along with USS Kitty Hawk (CV 63), arrived in the port, located on Japan's northern island of Hokkaido, July 1 for a routine port visit that includes hosting tours for hundreds of Japanese residents. While in port, Sailors are exploring the port as well as the nearby city Sapporo. U.S. Navy Photo by MCSN Stephen Rowe

Cowpens' Boarding Team Continues Training at Sea

Fire Controlman 2nd Class (SW) Sean Poyer stares out at the sea on the fantail of USS *Cowpens* (CG 63) figuring out when to plan boarding practice for the ship's Non Compliant Visit Board Search and Seizure (VBSS) team. Since July of last year 18 sailors on board *Cowpens* have completed all of the courses required to qualify *Cowpens* as having the first full NCVBSS team in 7th fleet. They have been to various schools in multiple locations including Yokosuka, Japan; San Diego, California; and Pearl Harbor, Hawaii.



Some members of the team were able to earn a special skill set due to their training. Seaman Febis Soto, **Firecontrolman 3rd Class (SW) Brandon Silvers**, and **FC2(SW) Poyer** all attended Mechanical Breeching school in San Diego last summer. "We learned how to use exothermic torches that reach 10,000 degrees to get through bulkheads and hatches that have been welded shut," Poyer explains. In addition to learning how to board ships using hook and pole assemblies and breeching, the team trains for the apprehension of personnel, team tactics, and close quarters combat tactics.

Beginning June 26, while underway, the 18 members of the VBSS team as well as 10 prospective team gains have been training morning, noon, and night to prepare for real life missions. Poyer assisted **MA1(SW) Dale**

Naaktgeboren. They currently teach the team the Use of Force Continuum, Weapons Handling, Non-Lethal Weapons Tactics, Watch Standing Fundamentals, and Physical Training and Defense Tactics. Poyer appreciates the enthusiasm the team places in the training while underway, "the team and new guys are highly motivated, they all have been doing really well."

Cowpens' VBSS team waits to participate in an actual boarding on a fellow ship underway for practice. In the meantime, the team continues to train, "We PT together every day, we treat each other like brothers. Just passing in the P-way we take the time to high five each other and give a pat on the back. That is what we have to do on the team, pick each other up. Our small unit cohesion is what keeps us together and keeps us strong. We truly stick to the Captain's number one slogan- take care of each other," Poyer reflects.

Cowpens' VBSS team is headed by Boarding Officer **LTJG Tucker Bennett** and **TMC(SW) Kirk Houghton**.

By ENS Victoria Tacconelli

Recipe of the Month

Chicken Sauce Piquant (Cajun Chicken Dish)

1 Hen
1 pound spicy smoked sausage
1/2 lb Tasso (seasoned smoked pork)
1 medium yellow onion
1-2 bunches green onions
2 10 oz. cans tomato sauce
Roux (simmered oil and flour)

Chop and sauté onions in oil of choice. Drain and set aside. Season chicken with Cajun seasoning of

choice. Brown chicken in vegetable oil. Remove browned chicken and set aside. With oil from chicken, add several tablespoons of flour and stir over medium-low heat. Use enough flour to create a thin flour paste. As the roux browns it will thicken, eventually spreading across bottom of pot. When roux is relatively brown and thick (10-15 minutes), add about a cup of water and stir quickly. This should create a thick brown gravy with the flour expanding for volume. When the roux is evenly mixed, add several cups of water and mix again.

Add tomato sauce and bring roux to low boil. Add onions, chicken, and sausage and enough water to fill pot. Bring sauce to boil again and then lower heat to medium. Cook approximately one hour or until chicken is tender. Add water as necessary while cooking.

Serve over bed of rice with choice of vegetables and choice of hot sauce.



By LT Jeff Jenkins

Supply Department

S1 Division

From outside the customer service window a lot of people get the wrong perception of what life is like as an SK. To some, they see it as sitting in a well ventilated office, a computer for each person, long breaks during meal hours, frequent visits to the smoke break, and lots of down time. To many, it seems like the ideal job to have.

However, inside the window, there is a different picture. People often don't see the long hours put in to conduct the inventory of over 20,000 plus line items in 5 storerooms. Many often don't see the SKs hard at work contacting ships while underway to conduct stock checks for critically needed parts. They don't see the SKs who prepare the messages for CASREPs and ANORS and keeps track of where the parts are as well as how and when to get the parts over here. They don't see the SK who gets woken up in the middle of the night to conduct an emergency break out, sometimes more than once. When equipment gets repaired and those involved are announced over the 1MC, the important role of the SK involved in the process often goes unnoticed. From the outside looking in, the life of an SK looks relaxed; however, from the inside an SK can tell you that it can be relaxed, but also stressful and well worth it.

By SK3 Nicholas Franklin

S2 Division

It's a Sunday afternoon; it's nice and sunny. Let's bring out the grills and light the charcoal- it's Steel Beach Time! As the aft missile deck is prepared for the Steel Beach, the Culinary Specialists are busy preparing the food to make

sure each Steel Beach is a success. In the galley, **CSSN Scarbough** and **CS3 Pierce** are busy cutting the tomatoes, onions, lettuce, pickles and the fresh fruits. **CS1 (SW)**

Dela Cruz is working the olives, broccoli, salad oil and pasta into two big roasting pans for the pasta salad.

CS2 (SW) Cacayan is on the Reefer Deck climbing through the freezers to get the hamburgers, frankfurters, steak, ribs, or chicken. **CSSN Collington** is baking cookies and desserts.

CS3 Leduc and **CSSN Lobough** are stirring the baked beans in a 40 gallon kettle. Who's making that famous BBQ Sauce that everybody loves? **CS3 Mitchell!** **CS2 (SW/ AW) Jackson** is preparing the meat to put on the grill. **CS1 (SW) Paulo** is out and about ensuring the

serving dishes are set up and the food is set up properly. **CSSN Fisher** and **CSSN Jacavone** are busy moving supplies from the storeroom to the missile deck. **IT1 (SW) McCartney** leads eighteen Food Service Attendants in getting tables, plastic ware, sodas and moving food from the galley to the missile deck. **CS1 (SW)**

Mayberry is on the deck plates running around to ensure all the logistical support is coming together for a successful Steel Beach. **LT Stahl** and **LTJG Combs** are in the background making sure all is smooth. Thanks

to the help of all hands in S-2 Division, every Steel Beach is a success!

By LTJG Suquon Combs

S3 Division

The S3 division did a very nice job with their week of "DITS". DITS is a week of inspections by more than a dozen people from around the ship. Areas such as, Personnel Manning, Medical, Safety, Damage Control, Warfare Qualification, and Physical Fitness are assessed by designated inspectors from the ships crew. But, the culmination of a hard week of DITS is when the Captain comes through to do his Zone Inspection. S3 stood its ground well against Captain Mosher when he came through our spaces

with his hand held search light.

Kudos go to **SH3(SW)**

Kennerison, SH3 Matthews, SH3 McFerren, SHSN(SW) Wade, and SHSN Weems for their steady prep work over the weeks leading up to DITS. The backbone of S3, these junior SH's, has performed exceptionally well through DITS as well as during normal operations out at sea. The friends and families of these Sailors should be very proud of what their loved ones are accomplishing out at sea!

By LTJG Brian Jackson



Culinary Specialist 1st Class Eric Delacruz, from Silverdale, Wash., cuts and prepares tomatoes for the evening meal in the galley on board USS Cowpens (CG 63). As galley supervisor, Delacruz and his team in the general mess serve meals for approximately 360 enlisted sailors every day.

Divisional Tactics Proves Valuable in Modern Navy

During the early morning hours of July 12, **Senior Chief Operations Specialist(SW/AW) James Daniels** finished his fifth cup of coffee and recycled two empty cans of Red Bull on board *USS Cowpens* (CG 63). In addition to the normal underway watch, the *Cowpens* combat team studied publications and developed a plan for the afternoon's series of complex ship maneuvers named DIVTACS, or Divisional Tactics. **Operations Specialist 2nd Class(SW) Joseph Arruda**, **Operations Specialist 3rd Class Lucas Edwards**, and **Operations Specialist 3rd Class Justin Hawes** mapped out maneuvering boards, designed the signals, and conducted training on the afternoon's events under Daniels' supervision and expertise.

DIVTACS is the art of maneuvering multiple ships in unison. Each unit must possess a strict discipline in combat and bridge watch standing as well as show solid team work throughout the entire performance.

At the commencement of the event, the *USS John S. McCain* (DDG 56) and *USS Curtis Wilbur* (DDG 54) came together with *Cowpens* and began the exercise. "The Navy is getting more and more technical; however, every one needs to learn to solve a maneuvering board and practice sea keeping, ship handling, and general seamanship proficiency," **Operations Specialist 1st Class(SW) William Peters** commented while observing the maneuvers from the bridge. "A lot of people question DIVTACS, but these formations have been tested and tried." Each ship had to employ proper bridge resource management in order to perform the event properly. One person cannot accomplish all the tasks necessary to produce an exercise of this



nature. All three ships proved the worthiness of these traditional maneuvers and bridge resource management by executing a flawless event.

Coordination between combat, the bridge and three multi-ton ships proved graceful. **OS3 Edwards** remarked, "This exercise was like a walk in the park." Helicopter Anti-Submarine Light Squadron 51 Detachment 2 pilot **Patrick Blind** pointed out, "From the air, I could appreciate the skill required to execute the precision maneuvers,"

By ENS Victoria Tacconelli

Executive Department

NX Division

Anchors Await

There are some things that are used to define a person's status or place in life. For some it is the house they own, for others it is the car they drive, and for many it is the family they go home to nightly or (in our case) when they can. Yet, still for some, it is the very clothes they wear that define who they are.

While \$3000 Dior suits and expensive Armani ties are the furthest things from being authorized in the Navy, very few things

can distinguish a Sailor as much as the transition from a white hat and working blues to a khaki belt and anchor collar devices.

For some this month will recognize the pinnacle of naval achievement as they begin the process of change: not just in their uniform, but in their lives as well. They will be admitted to a new, enhanced standard of living. They will be welcomed into a new mess where the cups are always the same size and always bigger than a three ounce shot glass. They will be in a berthing that domiciles only

people in their pay grade or higher. These achievers will even have the fortune of knowing that they have their own laundry facilities and have special times slotted to have their hair coiffed.

The attainment of Chief Petty Officer is not one to be taken lightly or dismissed as being lucky enough to succeed. Each of those chosen later this month will have earned the privilege of being welcomed to their new pay grade by demonstrating that they are the best at what they do.

By PS2(AW) Kevin Oneth

Engineering

MP Division

"Elite of the Fleet"

Gains and losses play a large role in our everyday lives. Many people define success as the length of its achievement on a constant level while undergoing gains and losses that either contributes to success or failure. MP division has many assets which range from great spaces to the efficient equipment within these spaces. During the Division in the Spotlight inspection, MP's sustained exceptional performance was clearly apparent. However, the most important ingredient was the exceptional sailors that made the equipment operate and shine the way it did through their hard work and dedication. The MP Division sailors of the week for the past few weeks were **GSM3 Christopher Harper, GSM3 Anthony Pattichot, and GSE3 Eun Kim**. MP would like to wish fair winds and following seas to **GSM2(SW) Adam Earl and GSM3(SW) Edward Bunting** - thanks for everything, and may the best happen for you in your next commands. We would also like to express a sincere **Congratulations to GSM2(SW) Min Chen** and his wife **Nobuko** for the birth of their baby boy on July 13, 2006.

By GSM2 (SW) Washington

EE Division

In the beginning of July, an early morning casualty roused sailors from several divisions from their beds. A small case of flooding interrupted the operation of

Cowpens' second High Pressure Air Compressor (HPAC) and required immediate attention. Once the flooding was addressed, it became apparent that the HPAC would need to be removed and cleaned. A small band of sailors, including **EM3(SW) Dugan, EM2(SW) Key, EN1 Deloach, EM2(SW) Gentle, EN2(SW) Heistad, EN2 Aldridge, EN3 Delgado, and EN3 Miyake**, were intimately involved with both the initial troubleshooting and the eventual removal of the HPAC's 800 pound motor.

The #2 HPAC is located below the water line and bringing it up several decks for repair was a real challenge. In order to accomplish the job correctly, the Electrical and Auxiliary divisions had to pool their tools and personnel. Motor removal was accomplished thanks to carefully placed chain falls. After the unit was secured by the falls, the mounting bolts were unscrewed and the motor was hoisted up from the angle irons. Several Gunner's Mates, including **GM2(SW) Israel, GM2(SW) Drollman, and GMSN Branum**, assisted by loaning out some of their pallet trucks, which proved crucial to properly lowering the motor and safely maneuvering it to the aft strike down cargo elevator.

Once the elevator raised the motor to the fantail weather deck, "A" and "E" divisions were

able to start the disassembly process. In accordance with Navy technical publications, the motor was given a thorough cleaning using a high pressure hose and fresh water. This preventative measure helps guard against rust, corrosion and other forms of metallic break down caused by highly destructive seawater.

The combination of talent demonstrated by the three divisions involved was exceptional, serving as yet another fine example of the teamwork spirit which prevails throughout *Cowpens*.

By EM2 Jonathan Clark

ER Division

It is 12:13am and you are sound asleep. Out of nowhere you are woken by a rapid ringing of bells followed by 3 dings. Over the announcing system you hear a man with panic in his voice, "FLOODING, FLOODING, FLOODING..... FLOODING IN COMPARTMENT....." before he has a chance to tell you the location you're out of your rack and getting

continued on page14



Hull Technician 3rd Class Greg Otteson instructs Damage Controlman 2nd Class Travis Baxley in the duties of an On-Scene Leader during a general quarters (GQ) drill in the general workshop . U.S. Navy photo by MCSN Airman Patrick L. Heil

Combat Systems Department



Firecontrolman 2nd Class Joshua Smith and Firecontrolman 2nd Class Phil Garnett perform maintenance on an air compressor component of the Phalanx Close-In Weapons System (CIWS). The CIWS is a fast-reaction, rapid-fire 20-millimeter gun system that provides U.S. Navy ships with a terminal defense against anti-ship missiles and other threats that have penetrated fleet defenses. U.S. Navy photo by MCSN Airman Patrick L. Heil

CF Division

CF division brought the firepower of *Cowpens* to bear this month with a MISSILEX and a CIWS Pre-action Calibration (PAC) fire. MISSILEX encompasses the entire Combat System on *Cowpens* and requires involvement from many divisions

prior to the event. CF01 contributed with a full transmitter and signal processor groom, CF02's extensive testing of all computers and their peripherals was key; and CF03's exhaustive tweaks to the Fire Control System (FCS) illuminators and constant checks of 400Hz power were integral.

FC3 Robert

Ray, **FC3 Christopher Orosco**, and **FC3 James Ahrens**, under the tutelage of **FC2(SW) Kenneth Stowe**, expertly tuned the SPY-1B radar to optimum efficiency.

To kick MISSILEX off, **FC1(SW) Michael Garcia** managed the long range threats as Air Warfare Coordinator, while

FC1(SW) Nathan Hedden and **FC1(SW) George Day** handled immediate defense of the ship as the Combat Systems Coordinator. The event ended with **FC2(SW) Dennis Nolan**, **FC2(SW) Jeremy Tucker**, and **FC3(SW) Real Gregoire** each getting their shot as the Missile Systems Supervisor. The end result? *Cowpens* scored an outstanding 98.3% on the event.

The Aegis system wasn't the only highlight this month. CF04 rocked *Cowpens* with a PAC fire from both MT 21 and MT 22 on the Close in Weapons System (CIWS). CF04 brought the thunder as both mounts flawlessly fired 300 rounds each. **FC1(SW) Christopher Lombard**, **FC2(SW) Joshua Smith**, and **FC2(SW) Eric Holm** ran the show topside, while **FC2(SW) Philip Garnett**, **FC3 Michael Kelly**, and **FC2(SW) Smith** fired off the mounts from the Local Control Panel.

By FC1(SW) George Day

CE Division

Things are crazy in the CE world. The CE Warriors are fighting hard against equipment casualties and fatigue while working hard to bring the MWR programs the *Cowpens* sailors know and love to life on the deck plates. In the game of mission readiness, the play has gone fast and furious in both directions. **ET3(SW) Frazier** and **ET3 Prestridge** went into overtime, putting in over 50 consecutive hours before pounding an equipment fault into submission. In the world of entertainment,

IC2 Travis, **IC3 Winters**, **ET2(SW) Behimino**, and **ET1(SW) Mast** tag-teamed the SITE TV system to bring the crew all the action of the 2006 World Cup Live. It's action, action, action every afternoon as **IC2(SW) Kraker** and **ET3 Stalder** bring renovation after renovation to make sure that we have speakers for *Cowpens'* fitness needs: techno-pumping aerobics, mind-soothing yoga, or the body enhancing Combat Fitness. The CE Warriors gladly welcome **IC3 (SW) Harmon** back to their ranks. Harmon

plans to bring the pain to the IVCS system. It's set up to be a great match for the rest of the month. Until next time, this is CE division saying, "Please let us know about your karaoke needs sooner than a half hour prior to show time."

By ET3 Kirk Stalder

"In the world of entertainment, IC2 Travis, IC3 Winters, ET2(SW) Behimino, and ET1(SW) Mast tag-teamed the SITE TV system to bring the crew all the action of the 2006 World Cup Live."

Weapons Department

CG Division

"Left side clear! Right side clear! Room Clear!" are just some of the calls *Cowpens* crew have been hearing a lot lately around the ship from the Visit Board Search and Seizure (VBSS) team. Headed up by CG's own **LTJG Bennett**, the VBSS team consists of hand selected members of the ship's crew to board suspect vessels and determine if they are smuggling any contraband.

FC2(SW) Sean Poyer maintains all the gear used by the VBSS team with the assistance of **FC3(SW) Silvers**. Other members of the team include **GM3 Aaron Black** and **GM3 Bobby Brinkley**. The heightened training over the last 2 months has given the VBSS team an opportunity to break a sweat running around in over 20 pounds of gear.

The Small Craft Assault Team (SCAT) also plays a vital role whenever the VBSS team conducts a boarding. Manning the ship's .50 caliber and 25MM machine guns to protect the team when they are in transit to the target vessel is vital to the success of the mission. Since the VBSS team is most vulnerable while transiting to the suspect vessel in the Rigid Hull Inflatable Boat (RHIB), SCAT is on hand to provide covering fire in case the RHIB is attacked. CG members of SCAT include **GM1(SW/AW) Lindsey Troy**, **GM2(SW) Eitan Israel**, **GMSN Shawn Branum**, **GMSA William Rivera**, and **GMSA Matthew Mullen**.

July also presented the division with their fair share of difficulties. Thanks to the hard work of **FC2(SW) Gabrielle Salazar**, **FC3(SW) Jeffery Larson**, **FC2(SW) Jared Salmi** and **FC2(SW) Randy Sears**, the difficulties were promptly addressed and handled immediately. The FC's put in what would be considered "overtime" but asked nothing in

return due to the great leadership and oversight of **FCC(SW) Jason McGlasson** and **FC1(SW) Johnny Field**.

Overall CG Division was extremely busy throughout July. Along with the ships rigorous training schedule the division worked day and night to maintain equipment and spaces. Despite the busy schedule, CG division continues to press on with the mission at hand and raise the bar of excellence.

By GM1(SW/AW) Lindsey Troy

CM Division

There have been many comings and goings this month in CM division! **LTJG Stephanie Hayes**, the new Strike Officer, comes to us from EE division. "I'm excited to meet new people, and learn another side of the navy." Having made quite an impression on the "topsiders", her first month included several simulated launching exercises in which CM did another exemplary job.

We're very glad to have **GMC(SW) James Burke** back into the fold after he welcomed his new son, Matthew Soichiro into the world on June 6th. However, GMC won't be getting too settled as his welcome aboard package from his next command has arrived for his October transfer.

FC3 Daniel Angulo has joined **GMSN Gregory Dobrow** as a food service attendant, both representing CM in the ward room. We anticipate their return as well as the return of one of CM's more dynamic personalities, **FC1(SW) Michael**

Davidson who flew home on leave to be with his family.

Lastly, **GM2 Jordan Knebel** reports the birth of a new calf back home on his Iowa ranch who said his first word: Moo!

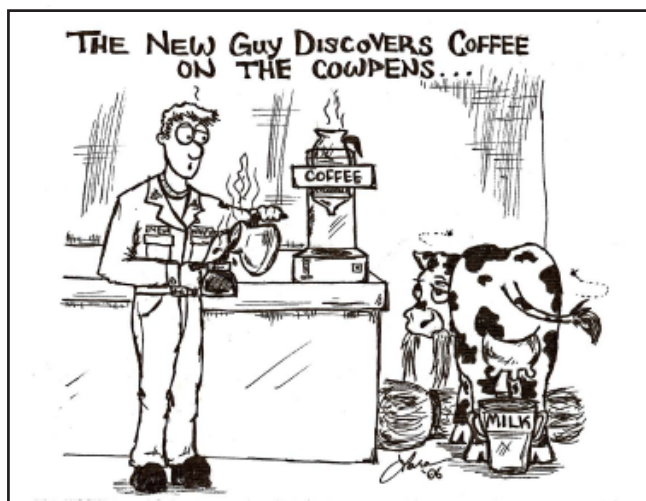
By FC3(SW) Yajaida Pacheco

CA Division

Yes it is true; it is almost the end of July and we are still underway. By the time you read this, we will have enjoyed a well-deserved break in Singapore. After that we'll be ramping up for our next exercise and more great liberty. Also there have been some achievements worth mentioning. I'd like to be the first to congratulate **STG2 Petty** on earning his Enlisted Surface Warfare Specialist pin, and also receiving a Navy Achievement Medal for his efforts in Valiant Shield. Also receiving awards for their efforts in Valiant Shield were **TMC(SW) Houghton**, **STG1 Hite**, **STG2 Dingmon**, and **STG2 Bently**. Congratulations! Well that just about wraps up this month's lively events. This is **STG3 Courtney** signing off. Keep on accelerating your lives. I know I am.

By STG3 Samuel Courtney

Out to Pasture by LT Lara Bollinger, USN



Air Detachment

The past month has truly shown the versatility of HSL-51 Det 2. Rolling off our strong performance in Valiant Shield, in which Det 2 was the first to score a sub kill from a helicopter, we refocused our efforts towards maintenance and ground training as the *Cowpens* steamed towards Otaru.

With midshipmen summer training going on Navy-wide, the air department joined in the endeavor by providing familiarization flights to mids currently embarked on USS *Cowpens*. These orientation flights give the midshipmen a better idea of how the helicopter and the ship integrate to accomplish missions. MIDN 1/C Laura Santiago was quoted as saying, "The pilots work really hard, long hours in a strenuous environment; they are an inspiration to us all." During a logistics flight back to the beach, the aircrew and accompanying midshipman were even able to retrieve some pizza for

the wardroom and hardworking flight deck crew. During the second week of July, the air department began intense flight operations in support of a search and rescue effort. Flights continued for several days both day and night scouring the ocean with radar, forward looking infra-red, and night vision goggles. The Cowpens/Warlord team pulled together to ensure that no part of over a thousand square miles went unsearched.

As we look ahead to our upcoming operational commitments, the det has been heavily engaged in maintenance operations to prepare. Det 2 has been running a functional check flight for Warlord 707. Finding that one of her engines was underpowered, detachment power plant



U.S. Navy Photo by Lieutenant Jeff Jenkins with much assistance by Air Det

technicians **AD1(AW) Peter Kolody** and **AD3 Cristian Derascastro** wasted no time changing it out. What seems like a daunting task at sea was made to look easy by the skill and determination embodied in Det 2 maintainers.

As the Mighty Moo steams south the entire Det 2 team gears up for more invigorating training as well as some well deserved liberty in Singapore.

By LTJG Pat Blind

Engineering Continued

coveralls on in seconds. Your blood is pumping and your mind going a mile a minute with procedures and "what-ifs". Part of being in Repair division not only involves repairs to the ship, but the most significant part is being a member of the "Flying Squad". We are the elite, the first line of defense against major casualties, such as fire and flooding aboard our ship. Good job to the Flying Squad for the professional response to a flooding casualty this month. Bravo Zulu! Other notable event for this month is the latest additions to the R division family. Congratulations to **MRC (SW) Michael Johnson** and his wife **Miyuke** on their beautiful baby girl, **Hanna Koharu Johnson**. Hanna was brought into this world on July

4th at 2:00 am weighing 7lbs 8oz. We also welcome aboard **Damage Controlman Fireman Apprentice Kim**, whom reported aboard three weeks ago and has been a great addition to Repair Division.

EA Division

Just like always, transfers are occurring all over the Command. It effects every division. The smallest Divisions are hit hardest most of the time it seems. In A Division we have persons that will be leaving us soon. **EN2 Matt Heisted** will be leaving in the next year or so. As will **ENFN Lanon**, **EN2 Ivory Gentle**, and **EN2 Christopher Aldridge**. They are turning there jobs over to the more junior people in the division.

EN2 Heisted is turning over one of the more challenging jobs to **EN3 Opperman**. **EN3 Josh Opperman** will be assuming the duties of Work Center Supervisor. **EN3 Opperman** is turning over his Hazmat Petty Officer position over to **EN3 Glen Swift**. And finally **EN2 Aldridge** is in the process of handing over the title of Training Petty Officer to **EN3 Miyake**. In the Future, **EN3 John Comer** and **ENFN Robinson** will be taking positions. The Division is always moving and changing.

By ENFN Derek Robinson

Cowpens' Festival cont.

Japan. Her performance during the war earned her 12 gold stars. Her crews during that time are truly American heroes.

The town of Cowpens opened their arms wide for this festival. On the evening of the 14th, the entire town gathered at the local Baptist church for gospel singing. A special slide show paid tribute to CVL 25 and CG 63. The next morning, Cowpens resident Shirley Birch opened her home to all of the CVL 25 crew for brunch and an annual meeting. Following more tours, I participated in my favorite event; I was a judge of the Miss Cowpens 2006 beauty contest. Age groups started at 10 months old all the way up to 18 years. Needless to say it got more difficult as the girls got older.

On Friday we took on the local little league baseball teams. Despite

their age, the crew members' effort was amazing. There were many falls, kicked balls and strike outs. The little leaguers won for the 9th straight year in a row- it was all in good fun. Saturday morning began with breakfast at the Baptist church followed by the Cowpens Festival Parade. Captain Chuck Dixon, a former Commanding Officer of CG 63 *Cowpens*, and I rode in the back of a BMW Z3 as grand marshals of the parade!

The experience was remarkable. I was able to meet heroes of the past



and become an honorary member of CVL 25. The amount of heart the people of Cowpens, South Carolina place in this festival is truly inspiring.

**By ENS Pat Reilley
& ENS Victoria Tacconelli**

Command Chaplain

July brought the Thundering Herd two opportunities for community service. In Otaru, Japan, Sailors helped clean a local beach as described by EM2 Clark on page 1. Singapore brought a less glamorous, but highly useful project.

In conjunction with SuperSede, the Religious Ministry Team at Commander, Logistics Group, Western Pacific (COMLOGWESTPAC) accepts donations of personal computers to be distributed to needy organizations. Testing, sorting, and packing the monitors and computers can be a daunting task for two individuals. Because the warehouse is on a Naval installation,



volunteers must have base access. Enter 33 COWPENS' Sailors to sort, test, and crate fifty monitors that will be donated to schools somewhere in the 7th Fleet Area of Responsibility. The project lasted just over an hour but the benefits will be long lasting to students in a yet unknown school.

I'm excited that participation has steadily climbed in recent projects. Most Sailor's return for future projects and many introduce a friend to Community Relations Projects.

On a different note, thank you to everyone back home. Support from home, whether in Yokosuka or the States helps make deployment pass more quickly for Sailors. Keep us in your

thoughts and prayers as we press on.

Blessings,
LT Jeff Jenkins
Command Chaplain